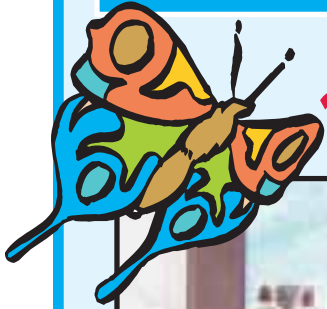


Meadowbrook

C O M M U N I T Y C O M P L E X



~ **SPRING 2004** ~



**SEATTLE PARKS
AND RECREATION**

www.cityofseattle.net/parks

Community Center

10517 35th Ave. NE

(206) 684-7522

Teen Annex

10750 30th Ave. NE

(206) 684-7523

Swimming Pool

10515 35th Ave. NE

(206) 684-4989

Meadowbrook

COMMUNITY CENTER

10517 35th NE / Seattle, WA 98125
(206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125
(206) 684-7523

Visit us online at www.seattle.gov/parks!

Hours of Operation

Monday, Wednesday, Friday 1:00 pm – 9:00 pm
Tuesday, Thursday 10:00 am – 9:00 pm
Saturday (Closed after May 29) ... 10:00 am - 5:00 pm
Closed after May 29

Registration Begins

Walk-in registration begins March 29

Program Dates:

April 12 to June 17

Holiday Closures:

May 31 Memorial Day

Professional Staff

Ken Bounds, *Superintendent*
Christopher Williams, *Operations Director*
Maureen A. O'Neil, *NE Parks and Recreation Manager*
Lee Bicknell, *Center Coordinator*
Pam Van De Weghe, *Assistant Center Coordinator*
Shannon Anderson, *Teen Development Leader*
Robert Jeffcoat, *Late Night Recreation Specialist*
Willie Mae Malbrough, *Building Maintenance*

And a bunch of other terrific people!



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You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the second Thursday of every month at 7:00 pm) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

*This issue designed
and printed at Snohomish Publishing Co.*

Easy Reference Phone Numbers

Parks and Recreation Info Line	(206) 684-4075	Evans Swimming Pool	(206) 684-4961
Ballard Community Center	(206) 684-4093	Helene Madison Swimming Pool	(206) 684-4979
Bitter Lake Community Center	(206) 684-7524	Green Lake Small Craft Center	(206) 684-4074
Green Lake Recreation Complex	(206) 684-0780	Summit	(206) 252-4500
Laurelhurst Community Center	(206) 684-7529	John Rogers	(206) 252-4320
Loyal Heights Community Center	(206) 684-4052	Meadowbrook Community Council	(206) 363-2206
Ravenna-Eckstein Community Center	(206) 684-7534	S.P.I.C.E.	(206) 366-7819
Ballard Swimming Pool	(206) 684-4094	Nathan Hale High School	(206) 366-7800

Check Out These Special Events...



Dinner and a Movie

1st Friday of the month
Movies start at 6:30pm
Pizza & Soda \$2
Movie is Free

(We accept prepayment/order for pizza to avoid the lines. Pre-payment is due by 9:00pm the Thursday before the movie.) Pizza will be provided by Jet City Pizza! Movies will be shown on the big screen in the gym or Multi-purpose room, bring a pillow.

March 20	Lion King 1 ½
April 2	Brother Bear
May 7	The Haunted Mansion
June 4	The Sandlot

Playground Tile project

Friday, April 24 4:00 – 8:00pm
Saturday, April 24 10:00am – 2:00pm

Did you know that there is a new playground going in at Meadowbrook Community Center? The project artist will be here to get the communities help in making tiles for this amazing playground; you can view the preliminary sketches in the lobby. Come help make this playground a true community project.

Spring Egg Hunt

April 3 **10:30 am**
Ages 2 -6 **Free**

This event will be broken up into different age divisions. All children should meet at the tennis courts, next to Nathan Hale High School. This event will be held outside rain or shine.

Mother's Day Corsages

May 7
6:00 – 7:00
\$0.50 per corsage

Make mom a corsage to tell her thank you for all her hard work.



Father's Day Open Gym

June 18 **Free**
 Spend some time with Dad shooting hoops and having fun at Meadowbrook. The gym will be reserved for families only.

End of School Carnival

June 18 **1:00 – 4:00pm**
5 tickets/\$1

The Meadowbrook teen program will be hosting a carnival for youth on their first day of freedom. There will be games, prizes and more.

Live, Local Music at Meadowbrook

Friday, April 9: Jean Mann & Kathryn Mostow
Friday, May 14: End of Season Blow-Out featuring
Joy Mills (with Tom Parker), Deb Seymour & Shannon Beck

Puget Sound Productions presents music at Meadowbrook on the second Friday of each month, September through May. Come (re-)acquaint yourself with the joy of live music & the wealth of talent that exists right here in our midst, presented in the \$5 - \$10 sliding-scale donation; children welcome! All shows begin at 7:30 p.m.



Thursday, April 22 is Earth Day!

Seattle Parks and Recreation invites you to celebrate Earth Day at a park or community center near you. We have more than 150 opportunities for you and your family to explore, learn about, or care for your world. Here are just some of the ways you can enjoy this month-long celebration (April):

- Go for a walk in over 5,000 acres of Seattle's parks
- Alternative Fuel Car Rally (4/10) at Discovery Park (733-9434)
- "Living with Beavers" workshop at Meadowbrook Community Center (4/27) (684-0877)
- Senior Adult Work Party and Lunch - Carkeek Pk (4/22) (233-7138)
- Nature "Tot Walks" for families at Camp Long (684-7434)
- Adopt your neighborhood park (684-4075)
- Seattle Aquarium's Family Science Day (4/24) (386-4300)
- Take a "Backyard Habitat Gardening" class (4/17) (684-0877)
- EarthCorps Ivy Removal at Cheasty Blvd (4/17) (322-9296x217)

To learn more, please call 684-4075, or Adam Cole, 733-9701, <http://www.seattle.gov/parks/Environment/earth.htm>

Lead a
"Spring Clean"
 neighborhood
 cleanup project where
 you live or work.

Seattle
Public
Utilities

March 27–May 15

Call:
 233-7187, or:
<http://www.cityofseattle.net/util/ept/springclean/>

PRESCHOOL PROGRAMS



Play and socialization are important tools for learning!

Meadowbrook Preschool

Frogs 3 ½ - 5 yr. olds

M/W/F 9:00 – noon or 1:00 pm – 4:00 pm

April/June \$130; May \$160

Min. 8/Max 10

Tadpoles 2 ½ – 3 ½ yr. Olds

T/Th 10 – noon

April/June \$80; May \$100

Our preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate his/her needs. Your child will experience nature, art, science, outdoor play, story time, music and drama. Instructor: Angelica Gomez/ Erica Everts. There is a \$30 non-refundable fee for Fall Quarter. Registration for Fall begins April 29.

Sports Extravaganza

Tuesdays 1:00 – 4:00

\$20

Session 1: January 6 – January 27

Session 2: February 3 – February 24

Session 3: March 2 – March 23



1:00 – 1:30	3-4 year T-Ball
1:30 – 2:00	4-5 year T-Ball
2:00 – 2:30	3-4 year Soccer
2:30 – 3:00	4-5 year Soccer
3:00 – 3:30	3-4 year Basketball
3:30 – 4:00	4-5 year Basketball

Meadowbrook has a new instructor, Erica Anderson, for tiny sports extravaganza. Erica has to register for classes so fliers will be available on March 15 for times and days of the class. The emphasis of the classes will continue to be having fun and learning to work with others. Children will have the opportunity to practice their skills through simple drills and creative games.

Playroom

M/W 9:30 – 10:30 am

T/Th 10:00 am – 12:00 noon

Other times may be available - please call

\$15 unlimited card for the quarter

Little Tykes Combo \$25

The Meadowbrook Community Center has added a new playroom. There are toys, books, puzzles and much more. **Parental Supervision is required at all times!** Parents: Please be responsible for cleaning up after your children!

Creative Dance

Creative Dance I

3 yr. Olds \$63

Wednesday 12:00 – 12:45 pm

April 14 - June 16

4 yr. Olds \$63

Wednesday 12:45 – 1:30 pm

April 14 - June 16



The joy of dance is primary in this course. Through fantasy and games, the children will learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching just to name a few. Children will be encouraged to work as a team and make individual choices in their expressive movement. Wear comfortable close fitting clothes and gym or ballet slippers or no slip socks. Parents and friends are invited to join us for a demonstration/ performance on the last day of class. Instructor: Chloe Davenport. Min 5/Max 9

Little Tykes Play Gym

Parents and children ages 2-5 years

\$15 unlimited card for the quarter

M/W 10:30 am – 12:30 pm

We have purchased more toys to make our gym time even better! The gym is reserved for all the littler people and their folks during this time. Balls, mats, a hippity hop and waffle balls are available. Bring your own clean riding toy. **Parental Supervision is required at all times!** Parents: Please be responsible for cleaning up after your children!



Tiny Sport Camp

Ages 4 - 5

\$30

Monday – Thursday

11:00 – 12:00

March 22 – 26

Cody will lead your child through the basics of various sports and games. Emphasis will be on learning teamwork and developing the coordination required for sports. Children will participate in drills and mini-games.

Storytime With Laura the Librarian



Wednesday March 10, April 7, 14, 21, 28, May 5, 12

Stories, puppets, songs, and games for parents and children 2 – 5 years. Presented by the Lake City Branch of the Seattle Public Library.

Coming to Meadowbrook Fall of 2004

Meadowbrook Gecko

Ages 4 – 5

Monday – Thursday

1:00 – 4:00pm

This class will focus on preparing your child for Kindergarten. The curriculum will include pre-reading and writing skills, math concepts, socialization, and basic Spanish words and phrases. This course will be taught by Angelica and Erica.



PRESCHOOL PROGRAMS

Mother M.O.O.S.E

Ages 3 – 5

Arts and Crafts Galore

May 7 10:00 – 12:00

\$10

Carlee will have great craft projects for your child to complete and take home. The day will include snack and story time.



Fun in the Kitchen

April 2 10:00 – 12:00

\$10

Let Carlee spend time with your child in the kitchen. She will help them make a delicious snack. While things are cooking, there will be story time. The best part of this class is that your child gets to bake but you don't have to clean up.

Teddy Bear Picnic

June 4 10:00 – 12:00

\$10

Bring your Teddy Bear and listen to stories, play games and do art projects, there will even be a special picnic at the end of class.



CHILDCARE/CLASSES



Meadowbrook Out-Of-School Experience (MOOSE)

5 - 12 yr. Olds

Monday – Friday

Fun, creative, and safe! This before and after school program, is filled with activities. Instead of staying home, come join us for games, arts and crafts and indoor and outdoor sports.

The Seattle Parks Department in conjunction with community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks Department sites. The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable. The price for childcare is averaged over ten months, so the fee is the same regardless of the actual number of days in the given month.

2004/05 PRICES	AM Care 7 – 9 am	PM Care 3 – 6 pm
5 days/week	\$150	\$230
4 days/week	\$145	\$220
3 days/week	\$110	\$165
2 days/week	\$75	\$110
1 day/week	\$40	\$55

Sorry we cannot take drop-in participants. You must register for the specific days of the week you want to attend.

A \$25 deposit is required to reserve your space for the 2004 – 2005 school year. Registration for 2004 – 2005 will begin on April 15.

Spring Break Camp

Meadowbrook is offering a great camp for kids grade 1-6!

The Week is packed with fun and exciting activities. A completed medical authorization/permission form must be on file at the complex.

April 5 - April 9 \$125 • Registration begins March 20

Summer Day Camps

Meadowbrook Community Center will be operating two day camp facilities this summer. Registration for all camps will take place at the same time and all payments for camp should be made at Meadowbrook Community Center. All camps require a \$25 non-refundable deposit per week and payment in –full for the first week at the time of registration. The remaining balances are due 14 days before the start of each week reserved. All campers must have updated and complete registration packets on file.

Registration for new campers will take place at
6:30 pm March 30th.

Summer Day Camp at Meadowbrook

Grades 1 – 4

\$135

Monday – Friday

7:00 am – 6:00 pm

Excited about school getting out? Looking for a summer to remember? Meadowbrook is offering a great camp for kids (grades 3 – 6). Weeks are packed with fun, exciting activities that follow themes. Activities include field trips, arts & crafts, swimming, trips to the beach, games and sports.

Summer Day Camp at Victory Heights

1737 NE 106th St

Grades 5 – 6

Monday – Friday

7:00 am – 6:00 pm

Victory Heights offers a small, quiet atmosphere for your younger children to play and explore. This site nestled in a quiet neighborhood has a playground and a playfield right outside of its doors. Children will take weekly field trips, do arts & crafts, play sports and have excursions to Meadowbrook.

Teen Camp Cancelled

Due to the renovation of the Meadowbrook Annex, we will be unable to offer teen camp this summer. We apologize for the inconvenience. Please contact Bitter Lake or Ravenna Eckstein as possible alternatives.



YOUTH ARTS



Theater Improvisation

Ages 9 – 12

\$40

Saturday

1:00 – 2:00pm

April 3 – May 29

Learn the basics of improvisation through theater games, creative voice and movement, and dramatic play. Participants gain confidence being in front of a group, learn how to work together to create scenes, and most of all have fun. No prior acting experience required. Instructor Theresa Francomacaro

Spring Break Madness

Ages 8 - 12

\$40

Monday – Thursday

3:00 – 5:00pm

April 5 – April 8

Spend your Spring Break making arts and crafts projects, dancing, and singing and generally have a great time. We will have our childcare staff lead your child in various activities such as beginning voice/choir lessons, dance lessons and art projects.

Playground Tile project

Friday, April 24

4:00 – 8:00pm

Saturday, April 24

10:00am – 2:00pm

Did you know that there is a new playground going in at Meadowbrook Community Center? The project artist will be here to get the communities help in making tiles for this amazing playground; you can view the preliminary sketches in the lobby. Come help make this playground a true community project.

Get Funky with Knit

Ages 8 – 12

\$45

Thursday

5:00 – 5:45pm

April 15 – June 10

Everybody is knitting, so can you. This class will cover all the basics of knitting: Casting on and off; yarn and needle know-how; garter, purl and stockinette stitches; changing colors and reading patterns. Projects include bath puppets, a community service project and a hat! We will take one field trip on the last class to a knitting store. The class fee includes \$15 for supplies.

YOUTH DANCE & MUSIC

Flute Lessons

Monday 3:30 pm – 7:00 pm

8 thirty minute classes per session

\$115/youth; \$123/adult

Private flute lessons for ages 5 and up. These lessons help explain the music principals of playing the flute. Private lessons give individuals a lot of attention and positive feedback in a comfortable setting. Whether you are in a band or symphony or just want to enjoy playing the flute, these lessons can enrich your musical experience. Scales and songs will be taught.

8 classes per session.

Instructor: Carol Crowell



Stringed Instruments Private lessons

Tuesday/Thursday (other times may be available)

\$115/youth; \$123/adult; \$15 individual lesson

Meadowbrook staff member Wes Weddell, a performing musician in his 'spare time' (& founder of the Puget's Sound concert series at Meadowbrook), offers private instrument lessons for guitar (most styles), bass, mandolin, & perhaps other stringed instruments (make an offer. . .). Students should have their own instruments. Contact Wes or the front desk for suggestions or to arrange lessons. Eight classes per session.

Piano Lessons

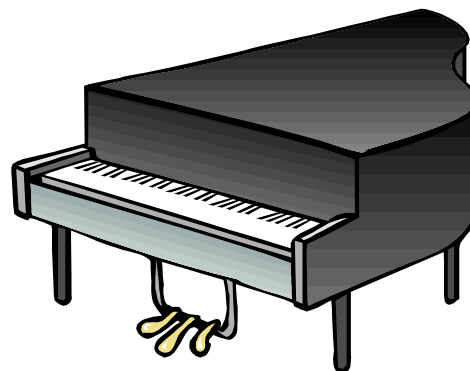
Tuesday or Friday

3:30 – 7:00 pm

\$115/youth; \$123/adult

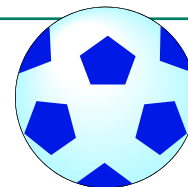
Private piano lessons for ages 5 and up. These lessons are individually tailored to each student's needs and level. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. Eight classes per session.

Instructor: Jeff Pettijohn





YOUTH SPORTS



Learn Teamwork,
Sportsmanship
and HAVE FUN at the
Same Time!

Introductory Karate

Ages 7 & up
Mon/Wed

\$22/youth/\$34 adult
6:30 – 7:30

April 5 - April 28
May 3 - May 26
June 2 - June 28

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm.

Track and Field

Ages 5-17

Registration begins March 12 **\$30**
Monday/ Wednesday 5:30 – 7:00

Run the fastest, jump the highest, throw the farthest! No experience required, emphasis is on participation, teamwork, skill development, fitness and fun! Fee includes team t-shirt.

Practices are at Nathan Hale track starting March 28.
The first meet is April 28th at Nathan Hale.

Girls Softball

Ages 8 – 17

\$30

Registration begins March 12
Practice times TBA

Girl's modified softball is for ages 8 – 11, and fast pitch softball is ages 12 – 17. No experience required, emphasis is on participation, teamwork, skill development, fitness and fun!
First day of league play is April 17.

Tennis Lessons

Ages 6 -17

\$45 + a can of tennis balls

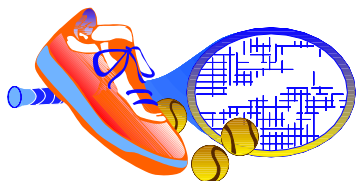
May 24 – June 16 (no class 5/31/04)

Mondays and Wednesdays

Scott Daniel will be returning for his third year as our tennis instructor. He has received his USPTA certification as a Pro Instructor and has been a competitive tennis player for 25 years.

Beginning 4:00 – 5:00

Intermediate 5:00 – 6:00



Indoor Nerf Soccer

Ages 5 – 6

\$25

Registration begins March 22

Practices begin the week of April 12

Games are Friday evenings beginning April 30

Nerf soccer is a modified soccer game played in the gym. This recreation and instructional program for boys and girls emphasizes fundamental soccer skills. Fee includes T-shirt.

VOLUNTEER COACHES NEEDED!

T-Ball

Ages 5 – 6

\$35

Registration begins June 1

Practice begins the week of June 21

Games are Saturday mornings starting July 10

Hit the ball, run the bases, and slide into home plate. Be a terrific T-Baller! We will focus on having fun and learning skills. Parental participation is welcomed and encouraged. T-shirt and cap are included. The season will end with a family picnic.

VOLUNTEER COACHES NEEDED!

Coach Pitch Baseball

Ages 7 – 9

\$35

Registration begins June 1

Practice begins the week of June 21

Games are Friday Nights starting July 9.

Play baseball but with a softer ball made of cloth. Focus is on teamwork and having fun. Parental participation is welcomed and encouraged. T-shirt and cap are included. The season will end with a family picnic.

VOLUNTEER COACHES NEEDED!



Like Kids?
Like Sports?
Volunteer to be a Coach!!



The First Tee at Jackson Park

The First Tee is an initiative of the World Golf Foundation and since its inception in 1997 has introduced the game of golf to over 270,000 young people. The focus is to give young people of all backgrounds an opportunity to develop, through golf and character education, life-enhancing values such as honesty, integrity and sportsmanship.

All are invited to attend the Free Registration Clinics on Saturday, June 5 and Saturday, June 12. Both clinics go from 9:00 until Noon and include a lunch. The 9 week summer session begins Monday, June 21. The First Tee focuses on Life Skills lessons such as Introductions, importance of the rules, being patient and positive, how to stay cool while you learn and an introduction to goal setting.

Fee for all 2004 programs is \$30

To learn more please contact Gordy Graybeal, Director of Golf for the First Tee of Greater Seattle, at 206-898-2949 or by email at gordyg@thefirstteegreaterseattle.com

TEEN PROGRAMS

Did you know that a new Teen Center is coming to Meadowbrook?



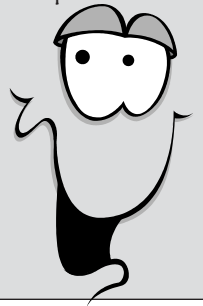
The 2000 Pro Parks Levy set aside funds for the renovation of the Meadowbrook Annex. The \$515,000 renovation will include a refurbished gymnasium, social room, game room and add a new kitchen. This new center will house the Meadowbrook Late Night program as well as activities run after school by our Teen Development Leader.

Due to remodeling the North Teen Life Center will be closed March 19th, 2004 until approximately September

Teen activities will still be offered. See Meadowbrook staff regarding time and dates

Some Activities Offered Will Be:

- April's Youth Appreciation Week
- Kick off Event on April 5th
- Citywide barbecue on April 7th at Sandpoint park, participants must sign-up by April 5th
- Three on three contest on April 8th, time and place to be announced.
- Wild Waves Fieldtrip, time and place to be announced.
- Wenatchee River Rafting Trip, time and place to be announced.
- Camping Overnight Trip, time and place to be announced.



Community Service Opportunity

June 18, 1:00 – 4:00.

Shannon Anderson will help teens put together a carnival for the neighborhood youth. Teens will plan games, pick prizes, operate the booths. Any profit will go towards the purchase of new equipment at the Meadowbrook Teen Annex.

The Community Centers around Meadowbrook also have teen programs. You may wish to call one or more of the following centers for additional programming while we're remodeling.

Ravenna-Eckstein Community Center
6535 Ravenna NE • 206-684-7534

Green Lake Community Center
7201 E. Green Lake Dr. N • 206-684-0780

Laurelhurst/Sandpoint Community Center
4554 NE 41st St • 206-684-7529

Bitter Lake Community Center
13035 Linden Ave N • 206-684-7524

Service Learning Opportunities

To learn more about Service Learning Opportunities with the Seattle Parks and Recreation department, you may contact Antoinette Daniel at 206-684-4575 or Ron Mirabueno at 206-233-3979.

•



*Community Centers
with Late Night
Programs*

Garfield Teen Life Center
2323 E. Cherry St. • 206-684-4788

Delridge Community Center
4501 Delridge Wy Sw • 206-684-7423

Rainier Community Center
3701 S Oregon St • 206-386-1919

Rainier Beach Community Center
2323 E. Cherry St. • 206-386-1925



ADULT CLASSES

Intro To Personal Fitness

\$10

Required for Fitness Room

Monday	April 5	11:30 am
Wednesday	April 7	7:30 pm
Monday	April 26	7:30 pm

Monday	May 3	11:30 am
Monday	May 19	7:30 am
Thursday	May 27	7:30 pm

Monday	June 7	7:30 am
Wednesday	June 9	11:30 am
Monday	June 28	7:30 pm

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness Room. As classes fill, we do add more dates and times. If none of these dates or times work for you, please ask the front desk to schedule you a private or semi-private class (\$35 private). Instructor: Kathy Batson

Meadowbrook Fitness Room

Weight Room Hours:

Mon/Wed/Fri*

Tuesday/Thursday

Saturday



9:15 am – 8:45 pm

10:00 am – 8:45 pm

10:00 am – 5:00 pm

Fitness Room Pass:

Month pass

\$15

10 punch (good for 3 months)

\$15

Fitness Room Drop-In Fee:

\$2

Make Meadowbrook Recreation Complex your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room and its state of the art equipment. Passes are valid from the date of purchase and are non-transferable and non-refundable.

Participants must complete the "introduction to Personal Fitness" course, present the pass and sign in prior to entering the fitness room. Participants must be 18 years or older to use the room or be 16 and have a parent with them.

*Must have a card to enter before 1:00 pm on M/W/F.

Introductory Karate

Mon/Wed

6:30 – 7:30 pm

April 5 - April 28

May 3 - May 26

June 2 - June 28



Ages 7 & up

\$22/youth

\$34/adult

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm.

Open Gym

Mon/Wed

Mon/Wed

Tues/Thur

Basketball

Volleyball

Basketball

1:00 – 2:30 pm

6:30-8:30pm

6:30-8:30pm

Pilates

Mon/Wed

Saturday

7:30 – 8:30pm

9:00 – 10:00am

Mon/Wed sessions \$56

Saturday sessions \$28

*Punch card 4 punch \$30

*Punch card 8 punch \$60

*Drop-in \$8

Session 1

(M/W) April 5-28

Session 2

(S) April 3 -24

Session 3

April 5-28

Session 3

(M/W) May 3-26

Session 4

(S) May 1-22

Session 5

(M/W) June 2-28

*Please come 15 minutes if you are an inexperienced student.

Find out where you're weak, where you're strong, where your "core" is and put it all into an exercise program that will help you develop a more flexible, symmetrical, balanced body.

The Pilates mat system is an excellent conditioning program suitable for both men and women of all physical and athletic skills. It is great for the "weekend warrior" who wants to enhance performance and prevent injury or anyone who simply wants to improve overall strength and flexibility.

Dennis has been practicing Pilates for the last four years and is currently pursuing Comprehensive Certification in the Stott method of Pilates. Coming from a background of teaching and sports coaching he pays attention to the individual's level of conditioning and physical skill and attempts to tailor each workout to fit each student's abilities.

Pilates

Thursday

7 – 8:00 pm

Friday

12:30 – 1:30

\$26/session

\$30 for a 4 punch card (expires 12/31/04)

\$60 for an 8 punch card (expires 12/31/04)

Session 1

April 1 - April 22

Session 2

April 2 - April 23

Session 3

April 29 - May 20

Session 4

April 30 - May 21

Session 5

May 27 - June 17

Session 6

May 28 - June 18

Pilates has soared in popularity as an exercise program because it really works. This class starts with the basic beginning mat program which focuses on strengthening the abdominals, the center of the body from which all movement generates. Maria Gitana incorporates movement gathered from a lifetime of dance experience to create a program focused on anti-aging

*Reduce Stress
and Get In
Shape!*



ADULT CLASSES

NIA Movement

(Neuromuscular Integrative Action)

Tuesday and Thursday 6-7 pm

\$48 a session

\$64 for an 8 punch card (expires 12/31/04)

\$30 for a 4 punch card (expires 12/31/04)

\$8 for a drop-in

Session 1: March 9 - April 1

Session 2: April 6 - May 4

Session 3: May 6 - June 1

Session 4: June 3 - June 29

NIA is a holistic movement program offering an alternative approach to health and fitness, blending Eastern and Western movement concepts and theories. The movements learned enhance flexibility, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more. Instructor: Erin Storey



Jazzercise

Adult/Senior

Classes Ongoing Mon/Wed/Fri

9:15 – 10:15 am

Unlimited month

\$48/\$33

15 punch

\$63/\$48

5 Punch

\$23/\$18

This dance fitness class is designed to accommodate all fitness levels. Exercise to the latest music and great oldies...there is something for everyone! Bring your own mat for floor work: hand/leg weights are optional. Class uses a punch card. Instructor: Madelaine Jensen

A great
stress reducer!



Yoga for Everyone

Tuesday or Thursday

6:30 pm – 7:30 pm

Session 1: March 30 - May 4

Session 2: April 1 - May 6

Session 3: May 11 - June 15

Session 4: May 13 - June 17

\$30/Adult

\$24/Sr

Our Hatha Yoga instructor has studied yoga for 10 years. This class includes stretching, meditation, and toning of the body. Wear loose, comfortable clothing. Instructor George Hoder

Kendo

Tuesdays

7:00 – 9:00 pm

The art of Japanese swordmanship. This martial art teaches discipline in mind and body during the feudal days of samurai to its highest level. Instructor: Murosako Yoshitsugu sensi is one of the 5 masters chosen for the book "The Warriors' Paths".

For more information or to sign up for the class, please call 425-488-0568 or email patmurosako@earthlink.net

Adult Men's and Co-Rec Softball

Meadowbrook is having their softball fields renovated, therefore, softball will move to Dahl field this year. Pre-season meetings will be held on the following dates. You must have a team representative at the meeting.

Men's Softball – March 18th at 7:00 pm

Co-Rec Softball – March 25th at 7:00 pm

Adult Tennis

Seniors - \$45 + a can of tennis balls

Adults - \$53 + a can of tennis balls

May 24 – June 16 (no class 5/31/04)

Mondays and Wednesdays

Scott Daniel will be returning for his third year as our tennis instructor. He has received his USPTA certification as a Pro Instructor and has been a competitive tennis player for 25 years.

Beginning 6:00 – 7:00

Intermediate 7:00 – 8:00

Meditation Class

Saturdays

11:00 am – 12:00 pm

April 24 – May 15

\$32

Learn to meditate using a simple technique that is appropriate for anyone regardless of experience or age.

Instructor Carolyn Denslow

Poetry Roundtable

\$40

Wednesdays

7:00 – 8:30 pm

March 31, April 14, May 5

May 19, June 2

Come if you love poetry and talking about it with other people, or if your curiosity about poetry is mixed in with a healthy dose of apprehension. Think of each class night as a coffee-house discussion—berets and bongos optional. We'll look at a range of poems from different time periods and of different styles. No fancy degrees required. We'll keep "literary criticism" lingo to a minimum and focus on enjoying and appreciating the poems. (Please note that this is not a poetry writing class.)

Creativity and Performance

Thursday

7:00 pm – 9:00 pm

April 12 – June 10

\$65

Always longed to perform? Unleash your creative energy. Tap into what you are dying to say. Whether you are a curious beginner or a seasoned professional, this workshop provides a pathway into your creative voice. Students will engage in innovative voice, movement, and theatrical improvisation. Participants will create and perform original texts, monologues, and group scenes. No prior acting experience necessary, only a willingness to have fun and take creative risks in a safe environment.

Instructor Theresa Francomacaro

SENIOR ADULT PROGRAMS

N.E. REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

Winter Quarter Dates: April 5 - June 18 (11 wks)

No Classes: May 31.

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

NE Class Registration: All class registrations will take place by mail using the form in this brochure. State the site/class/date you are paying for with your check. **Do NOT register for trips by mail – they're "Phone-In" only.** Also, please phone-in cooking and floral design class registrations. Class and trip dates/times are subject to change.

All Class Payments: Checks payable to: "SAAC", and mail to: Senior Adult Programs, Att: Jayla 8061 Densmore Ave. North, Seattle, WA 98103.

NOTE: "Session Fee" covers the cost of 1 day per week for the quarter

SPECIAL EVENTS

EARTH DAY PARTY AT CARKEEK

FREE

In recognition of Earth Day, participate in a fun work party, a delicious lunch and a contest to win super prizes. Pre-register before April 15th so we have enough food, 233-7138. **Van Departs Meadowbrook at 10:15 am.**

Thurs Apr 22

10:30 am-2:00 pm

Carkeek Pk

JAYLA'S & STACIE'S

\$5.50

FABULOUS SPRING PARTY

Celebrate spring! Enjoy fabulous fried chicken & Jo Bell's famous baked beans. Take in Seattle's Tilth Gardens in bloom. **Register at 386-9106 & pay early so we have enough chicken.** Meet you there!

June 11 (Fri)

11:00am-1:00pm

Meridian Park

(Good Shepherd Home 4649 Sunnyside Ave N)

MEADOWBROOK COOKING

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. Each class fee is \$10.00.

Please pre-register at 386-9106. Hurry—space is limited!

Wednesdays

10:30-12:30 pm

Easter Brunch Bonanza

Apr 7

Featuring a few dishes that are healthy and simple.

Healthy Eating All In One Pot

Apr 14

Hearty and satisfying meals, so easy to prepare.

Phyllo Dough and Puff Pastry

Apr 28

From savory to sweet—fun, easy and delicious solutions to meal planning at home or for entertaining.

Cinco de Mayo Party

May 5

Let's celebrate Cinco de Mayo together!

Polenta and Crepes

May 12

Talk about comfort food! Great for any meal, yet elegant enough to serve for parties.

The Meatless Main Course

May 19

Even carnivores won't miss the meat with these flavorful main dishes!

Healthy & Delicious Cooking With Seafood

May 26

Tap into the bounty from the sea for tasty dishes!

Spring Soups

Jun 2

We'll create appetizing soups using fresh spring ingredients.

Eggplant

Jun 9

Yum! To salt or not to salt? To peel or not to peel? Whole or diced? Come and find out!

SENIOR FITNESS

BODY CONDITIONING

\$22-1 day week

Dynabands / free weights for over-all strength conditioning.

P. Cannon

Mon

10:00 am

C. Lorenz

Thurs

10:00 am

YOGA & MEDITATION

\$22-1 day week

Gentle stretching to keep limber and build muscles. All skill/fitness levels.

H. Smith

Wed

9:00 am

H. Smith

Fri

9:30 am

PICKLEBALL

Free

Enjoy this fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later.

Please pre-register by calling 206-386-9106.

Thursdays

10:00 -11:55 am

Thursdays/*Beginning*

12:05 - 2:00 pm

MEADOWBROOK BOOK CLUB

Meets on the third Thursday of the month to discuss a book provided by the Seattle Public Library. Call Jayla to pre-register: 206-386-9106.

April 15, May 20, June 17

11:00-12:00 pm

SPRING PLANNING MEETING

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.

June 15

Tues

11:00-12:00 pm

ARTS & CRAFTS

OIL PAINTING I \$40 (4 wks) / II \$40 (4 wks)

Designed to introduce beginners/ intermediate painters. Previous drawing experience recommended-not required

Minimum class size needed.

S. Pope

Mon

1:00-3:00 pm

Session I Apr 5-26

Session II May 3-24

Meadowbrook Pool

If you're not wet, we're not happy!

Meadowbrook Swimming Pool

10515 35th Ave NE, Seattle WA 98125
(206) 684-4989 / TDD only (206) 233-7061

Spring 2004 Front Desk Hours:

Monday through Friday..... Noon-8:00PM
Saturday 7:00AM-6:00PM

Closures:

Maintenance Closure..... April 19-May 2
Memorial Day May 31

Professional Staff:

Janet Wilson.....Coordinator
Thomas Hargrave.....Asst Coord
Terry Welch.....Pool Operator
Clifford Evert.....Senior Guard
Tiffany Jordan.....Senior Guard
Jody Bartee.....PPT Cashier

And a bunch of other really great people

Things to Know

Dimensions: 75ft x 44ft

- Water temperature: 85 degrees F
- Depth Range: 3-12ft
- 72 lengths = 1 mile
- Street shoes are not allowed on the pool deck
- Served by Metro bus route #65
- Pool lift and portable steps for our non-ambulatory patrons
- Two ADA accessible Family Changing Rooms available.
- Children 6 years and older must use the appropriate gender locker room
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Absolutely no glass
- A child younger than 6 years old or less than 4 feet tall must have an adult with them at all times in the water.
- We accept MasterCard & VISA and American Express.

Fees & Admission Information:

Under 1 year.....FREE
Youth ages 1-18\$2.25
Adults ages 19-64.....\$3.25
Senior Adults ages 65 and better\$2.25
Special Populations\$2.25
Water Fitness Classes.....\$3.75/\$2.50 (Sr.)
Masters Workouts.....\$3.75/\$2.50 (Sr.)

Swim Cards:

FAST Pass.....\$45.00/\$35.00 (Sr, Youth, Spec Pop)
Recreational Punch Card\$20.00 (\$22.00 value)
Fitness Punch Card\$30.00 (\$33.00 value)

Equipment Rentals:

Towels.....\$0.50
"Just-a-shower".....\$2.00
Lockers\$0.25

RECREATIONAL SWIMMING

Adult Swim

Mon-Sat Noon-1:30PM
Tue & Thurs (Rec Punch Card)..... 9:00-10:00PM
Adult/Senior Swim: Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming.

Lap Swim

Monday – Friday (EMLS)* 6:00-7:30AM
Mon/Wed/Fri/Sat 5:30-6:30PM
Saturday 7:00-8:30AM
Early Morning Lap Swim: (EMLS) 3 doublewide lanes (slow, medium, and fast). *No cashier on duty, a Recreation Punch Card is required.
Lap Swim: 4 single wide lanes and 1 double wide lane for slow lap swimming.

3 Lane Lap Swim

Mon/Wed/Fri 2:30 – 3:30PM
Slow, medium, and fast lanes to swim in.

Pool Playland with 3 Lane Lap Swim

Mon/Wed/Fri 2:30 – 3:30PM
A "gentle" public swim featuring water toys like the little slide and noodles. Especially good for younger kids and their big people.

POOL PARTIES

Super Deluxe Pool Parties... You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and an hour lobby party with help from our "party guards," really cool goodie bags, table cloths, party plates, napkins, forks and juice box for each child. Cost is \$202.00. Additional participants are only \$8.00 per child. **Times offered: Saturdays after 6:30 or Sundays beginning at 1:00PM.**

Do-it-yourself Parties... Prices start at \$97.50 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$141.50 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for the clean up. **Times offered: Saturdays after 6:30PM and Sunday beginning at 1:00PM.**

Family Swim (with lap lane available)

Tues 7:00-8:00PM
Friday* 7:30-8:30PM
Saturday Morning 9:30-10:30AM
Saturday Afternoon 4:30-5:30PM

Fun for the whole family! An excellent time to play. An adult must accompany children into the pool. Flotation aids and toys are allowed in the shallow end of the pool.

*Deep end closed at 8:00 on Fridays.

Public Swim

Monday* 7:30-8:30PM
Friday 4:00-5:00PM
Saturday (w/ lap lane) 1:30-3:00PM

Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult. No float toys allowed.

*Deep end closed at 8:00 on Mondays.

WATER FITNESS CLASSES

Deep Water Exercise for Seniors

\$3.75 Adult/\$2.50 Sr. Adult

Mon/Wed/Fri 1:30 – 2:15PM

We call this "exercise that feels good". A deep water class using resistance/flotation equipment. Get a workout that includes a full range of motion and toning and strengthens at the same time.

High Energy Deep Water Exercise

\$\$\$3.75 Adult/\$2.50 Sr. Adult

Mon/Wed/Fri 8:00-8:45PM

Saturday 8:30-9:15AM

A deep water class using resistance/flotation equipment. Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury. Great class with great music.

Water Aerobics

\$3.75 Adult/\$2.50 Sr. Adult

Tue & Thurs 8:00-9:00PM

Exciting water routines that build strength and burn fat.

From the senior adult to the pregnant mom, the water reluctant to the tri-athlete, this unique union of water and aerobics allows you to exercise at your own comfort level.

Adapted Water Exercise

\$3.75 Adult/\$2.50 Sr. Adult

Tue & Thurs 1:30 – 2:30PM

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

Masters Work Out

\$3.75 Adult/\$2.50 Sr. Adult or Youth

Mon/Wed/Fri 6:30-7:30PM

Let our experienced instructor/coach lead you through a structured workout designed to get you in shape, stay in shape, or prepare you for that important swim meet in your future. Workouts accommodate all speeds by varying lanes. Expect to swim *at least* 3,000 yards!

SWIMMING LESSONS

Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

3 Year Old Lessons

Small classes with a certified instructor to start your child learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots.

Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4 – 5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth Lessons

We use programs designed by the American Red Cross and modified slightly because we have found it provides a steady progression of swimming classes for youth ages 6-17 that will build skills, teach safety and encourage fitness.

We offer a station method of learning where youth progress through a series of levels.

If you are not sure what level you child should be in, please sign up for a Level I – III time slot and we will evaluate your swimmer on the first day of class.

Levels I – III is called stroke readiness. When your child receives their first Red Cross card they will be proficient at crawl stroke & back stroke and comfortable in deep water.

Level IV is called Stroke Development and youth learn Elementary Backstroke

Level V is called Stroke Refinement and requires swimmers to be proficient at sidestroke before moving on.

Level VI is called Skill Proficiency and students need to be skilled at breast stroke before moving on.

Level VII is the last level and is called Advanced Skills. Now kids finish up with butterfly and personal safety skills and other rescue techniques.

Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps

available for non-ambulatory patrons. **For additional Special Populations programs call 684-4950.**

One to One Swimming Lessons

One student: ½ hr. / \$22.00

Two students: ½ hr. / \$32.00

Private lessons are offered Monday, Wednesday Friday, and Saturday at 3:30pm. We also have spots on Friday afternoons at 5:00. Space is limited. Three (3) classes minimum required when signing up. Registration begins during Walk-In Registration on Monday, March 15th.

MEADOWBROOK POOL SPRING-AT-A-GLANCE 2004

10515 35th Avenue NE • (206) 684-4989

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
06:00 AM	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	Lap Swim 7:00-8:30 Deep Water EX 8:30-9:30 Family Swim 9:30-10:30 Lessons 10:30-12:00	06:00 AM					
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30		06:30 AM					
07:00 AM							07:00 AM					
07:30 AM							07:30 AM					
08:00 AM							08:00 AM					
08:30 AM	Seattle Public Schools					08:30 AM						
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult swim	Adult Swim	12:00 PM					
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:30 PM					
01:00 PM	Deep WX 1:30-2:15	Adapted WX 1:30-2:30	Deep WX 1:30-2:15	Adapted WX 1:30-2:30	Deep WX 1:30-2:15	Public Swim 1:30-3:00	01:00 PM					
01:30 PM							01:30 PM					
02:00 PM							Lessons	A.S.A.P. After School Activity Program	Lessons	A.S.A.P. After School Activity Program	Lessons	02:00 PM
02:30 PM							Pool Playland		Pool Playland		Pool Playland	02:30 PM
03:00 PM	3 Lane Lap 2:30-3:30	Excel 4:00-5:30	3 Lane Lap 2:30-3:30	Excel 4:00-5:30	3 Lane Lap 2:30-3:30		03:00 PM					
03:30 PM	Lessons		Lessons		Public Swim	Lessons	03:30 PM					
04:00 PM	3:30-5:30		3:30-5:30		4:00-5:00	Family Swim 4:30-5:30	3:00-4:30	04:00 PM				
04:30 PM	Lap swim 5:30-6:30		Lessons 5:30-7:00		Lap swim 5:30-6:30		Lessons 5:30-7:00	4:30-5:30	04:30 PM			
05:00 PM		05:00 PM										
05:30 PM		05:30 PM										
06:00 PM	5:30-6:30	Family Swim 7:00-8:00	5:30-6:30	Special Olympics	5:30-6:30	06:00 PM						
06:30 PM	Masters		Masters		Masters	06:30 PM						
07:00 PM	6:30-7:30		6:30-7:30		6:30-7:30	07:00 PM						
07:30 PM	Public Swim 7:30	Lessons 7:30-8:30	Lessons 7:30-8:30	Swim Team till 6/3	Family Swim 7:30	07:30 PM						
08:00 PM	Deep WX / P S		Deep Water Ex	Water Exercise	Deep WX / P S		08:00 PM					
08:30 PM	8:00-8:45		8:00-9:00	8:00-8:45	8:00-9:00		8:00-8:45	08:30 PM				
09:00 PM		Adult Swim		Adult Swim			09:00 PM					
09:30 PM		9:00-10:00		9:00-10:00		09:30 PM						

Spring 2004 Schedule (Mar 22 - June 19)

Meadowbrook Pool will be closed for maintenance from April 19-30, 2004.

Meadowbrook Pool will be closed in observance of Memorial day, Monday May 31st, 2004.

BASIC INFORMATION

MISSION

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

E-BROCHURES ARE AVAILABLE!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. Please send an e-mail to Meadowbrook@seattle.gov if you would like to receive notification that the electronic version of the next quarter's brochure is available online.

SCHOLARSHIPS

The Meadowbrook Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

SUGGESTIONS

We welcome your ideas for improving our Meadowbrook. If you want to suggest a new class or if you have an idea you think would benefit Meadowbrook or our community in general, please let us know.

INTERESTED IN TEACHING?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill or knowledge you would like to share with others in a class or workshop format, please contact us at 684-7522.

ANTI-DISCRIMINATION POLICY

As a matter of policy, law and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap.

ADA COMPLIANCE

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

RENTALS

For information about room rentals, please pick up a copy of our facility rental brochure, talk to our staff, visit <http://www.ci.seattle.wa.us/parks/reservations/Facrentalguide.htm>, or talk to one of our staff.

FOR MORE INFORMATION

For information about Parks and Recreation facilities, recreation programs, picnic shelters and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call

206-684-4951, and about programs for special populations, please call 206-684-4950.

PAYMENT

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to XXX Advisory Council. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee, in cash or by money order or credit card. We are working on a system that will make online registration available.

FEES AND CHARGES

The Meadowbrook Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 1.2 percent, plus a .5 percent utility fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

REFUNDS

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire Refund Policy, #7.16, for specific information.

WAITING LISTS

We will create waiting lists for any class that is filled. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability at 206-684-7522.

CLASS CANCELLATIONS

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we must then cancel it.

CONFIRMATION

We cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Meadowbrook Pool

SWIMMING POOL LESSON SCHEDULE—SPRING 2004

CLASS	DAY	TIME	DATES	# OF LESSONS	FEE
Tots	Monday	1:30 - 2:00	May 3 - June 14	6	\$24.00
	Tuesday	6:30 - 7:00	May 4 - June 15	7	\$28.00
	Wednesday	1:30 - 2:00	May 5 - June 16	7	\$28.00
	Thursday	6:30 - 7:00	May 6 - June 17	7	\$28.00
	Saturday	11:30 - 12:00	May 8 - June 19	7	\$28.00
3 Years Old (Prerequisite Tots)	Monday	5:00 - 5:30	May 3 - June 14	6	\$36.00
	Wednesday	5:00 - 5:30	May 5 - June 16	7	\$42.00
	Friday	1:30 - 2:00	May 7 - June 18	7	\$42.00
Kinders (4 and 5 year olds)	Monday	2:00 - 2:30	May 3 - June 14	6	\$24.00
	Monday	4:30 - 5:00	May 3 - June 14	6	\$24.00
	Tuesday	6:00 - 6:30	May 4 - June 15	7	\$28.00
	Wednesday	2:00 - 2:30	May 5 - June 16	7	\$28.00
	Wednesday	4:00 - 4:30	May 5 - June 16	7	\$28.00
	Thursday	6:00 - 6:30	May 6 - June 17	7	\$28.00
	Saturday	10:30 - 11:00	May 8 - June 19	7	\$28.00
Youth: Levels 1-4 (6 years and older)	Monday	4:00 - 4:30	May 3 - June 14	6	\$24.00
	Tuesday	5:30 - 6:00	May 4 - June 15	7	\$28.00
	Wednesday	4:30 - 5:00	May 5 - June 16	7	\$28.00
	Thursday	5:30 - 6:00	May 6 - June 17	7	\$28.00
	Saturday	11:00 - 11:30	May 8 - June 19	7	\$28.00
	Saturday	4:00 - 4:30	May 8 - June 19	7	\$28.00
Youth Level 4-7 Must pass level 3	Monday	5:00 - 5:30	May 3 - June 14	6	\$24.00
	Tuesday	6:30 - 7:00	May 4 - June 15	7	\$28.00
	Wednesday	5:00 - 5:30	May 5 - June 16	7	\$28.00
	Thursday	6:30 - 7:00	May 6 - June 17	7	\$28.00
	Saturday	11:30 - 12:00	May 8 - June 19	7	\$28.00
Special Pops	Saturday	3:00 - 3:30	May 8 - June 19	7	\$28.00
Private Instruction	Mon/Wed/Fri	3:30 - 4:00	May 3 - June 18		
	Friday	5:00 - 5:30	May 7 - June 18		
	Saturday	3:30 - 4:00	May 8 - June 19		
Swim Team Prep	Monday	3:30 - 4:00	Begins May 3, 5, 7	Drop-in	\$4.00 each time
	Wednesday	3:30 - 4:00	Ends June 14,		
	Friday	3:30 - 4:00	16, 18		
Advanced Adults	Wednesday	7:30 - 8:00	May 5 - June 16	7	\$28.00
Intermediate Adults	Wednesday	7:30 - 8:00	May 5 - June 16	7	\$28.00
Beginning Adults	Wednesday	8:00 - 8:30	May 5 - June 16	7	\$28.00
Beginning Adults	Friday	2:00 - 2:30	May 7 - June 18	7	\$28.00

No classes on Monday, May 31st, Memorial Day.

STEPS TO REGISTER FOR SWIMMING LESSONS

- **Please Note:** There is NO Mail-In registration accepted.
- **Open Priority Registration**, for folks currently enrolled, register for next quarter during your last class.
- **Walk-In Registration** for any remaining classes will be Monday, March 15th, 6:00-7:30 PM
- **Phone-In Registration** done with VISA or MasterCard beginning Tuesday, March 16th, 4:00 PM

If you're not wet,
we're not happy!

MEADOWBROOK POOL • SEATTLE